

Adaptation of a passage from the book, “*All I Really Need to Know I learned in Kindergarten.*”

Share everything.

Play fair.

Do not hit people.

[Do not yell at people – It kills the spirit of living beings.]

Put things back where you found them.

Clean up your messes.

Do not take things that are not yours.

Apologize when you hurt someone.

Wash your hands before eating.

Flush.

Warm cookies and milk are good for you [and your soul].

Live a balanced life: learn some, think some, draw some, laugh some, draw, paint, work and play some... Take a nap every afternoon. When you go out into the world, watch out for traffic, hold hands and stick together. Be aware of wonder. Remember the little seed in the Styrofoam cup: the roots go down and the plant goes up and nobody really knows how or why, but we are all like that. Goldfish, hamsters, white mice and even the little seed in the Styrofoam cup – they all die; so do we. Finally, remember the Dick-and-Jane books and the first word you learned – the biggest word of all: LOOK. Everything you need to know is in there somewhere. The Golden Rule, love and basic sanitation; ecology, politics, equality and sane living. [Humans have made great inroads to improving their health from basic sanitation of body and living conditions; however, we need to work much harder at cleaning up our minds for better mental health.]